



**James G. Friesen, Ph.D., Clinical Psychologist**

Spirit of Hope Counseling  
9018 Balboa Blvd. #538  
Northridge, CA 91325

(818) 893-4463  
[jamesgfriesen.com](http://jamesgfriesen.com)

---

## *INSTALLING GOD'S WORD: HELPING YOUR BRAIN TO HEAL AND MAINTAIN*

### **New Brain Technology + Biblical Truth**

Please take a close look at this, and then use it right away. Use it daily for two months to create new brain pathways for stuck feelings. I am full of anticipation because of the wondrous good that it is doing for people, as soon as they begin to use it. I shared this with a friend, a few days before he left on a permanent missionary assignment, knowing the anxiety that can bring. He immediately emailed me from his new country, with a thankful heart, writing, "This stuff works." I am "full of anticipation" because it is as yet unknown how powerful *Installing God's Word* will show itself to be, and how much long-term help it may provide. Let me know about your journey as you give it a try.

Planted on the firm foundation of God's Word, we build here with fresh understanding of *locking in* the thoughts and feelings we would like to govern our life. This will assist you to meditate on God's Word day and night, and to be careful to do everything written in it. This will lead to great success (Joshua 1:8).

An old saying goes like this: "If new, not true. If true, not new." However, when we learn new lessons, they may help us to apply old lessons a little bit better. We need to connect the dots between new lessons and what we already know is true. *Installing God's Word* brings new understanding about the brain together with God's truth, to strengthen your life. It helps you fill your mind with things that are true, noble, right, pure, lovely and admirable. See Philippians 4:8.

This approach does a pretty good job of immediately helping with anxiety and other strong feelings. It can also lead the way through stormy seas if you use it daily. Of course, it is not correct for me to guarantee results in overcoming problems like chronic depression and anxiety, but the initial indicators are positive. At the very least, *Installing God's Word* will give you a sense that you are not alone. Your burden will seem lighter because God is helping you carry it.

**Welcome to *Installing God's Word*.**

1. Ask God to help you select a Bible verse, or a short passage, that speaks to your heart. You can use verses from memory or you can sing verses in songs you already know. Add one or more passage each day. Keep going until you have at least three, so that you will get a feel for how this works. Add a few more verses, as your life progresses, as many as 31, so that you can have a different passage daily for a month. Concentrate on only one of them each day. There will be other days ahead, so other verses can wait. Ask God to help you find verses that spotlight exactly what your heart needs. Look for passages that bring up biblical images, like those that come to your mind when you recite the 23<sup>rd</sup> Psalm.
2. Line up a few minutes each morning, and make the commitment to install a verse or two into your brain. The first person I worked with in this manner chose the passage about being "crucified with Christ" (Galatians 2:20). That is not a verse that I would have thought of, but for her, it was the verse that the Lord had already put on her heart that day. Isn't that the way the Holy Spirit works? The Spirit lets you know what to remember. The next person I talked with chose a passage that has been put to music: "I will call upon the Lord, for He is worthy to be praised. So shall I be saved from my enemy. I will call upon the Lord" (from Psalm 18: 3). We sang this a few times, and felt the Lord's presence. That seems just right – singing God's truth to Him, and claiming His truth as a promise that puts your day on a solid foundation. This morning there was an urgent call, and the person immediately came up with Isaiah 40:11, about the Lord tending His flock like a shepherd, gathering the lambs in His arms, and carrying them close to His heart. But this is not where the Spirit was leading her. She was shortly led to Micah 5:4-5. Here we found the promise about Him standing and shepherding His flock, about His greatness reaching to the ends of the earth, and about this great shepherd being their peace. We made up a little song from the key parts of the passage, and that became the foundation for a new day. She sang the song she later created, which included all of the words in that passage. You will be ready to begin installing God's Word as soon as you select a passage for the day.
3. Read or recite the passage out loud. Read it a few times. Why out loud? Because that activates a part of your brain that separates past and present. Therefore, "out loud" will more powerfully bring you into the present experience of God's Word. You may want to sing a verse already in musical form, or you can create a new song. Music seems to do something extra. Give it a try. Let your ears hear the spoken truth or the musical truth. Try them both. Focus. Put everything else aside. Drink in the goodness of the Word, and let it enter your heart. You will feel a shift. Continue to dwell, for a minute or two on that passage. Keep on re-

reading it, praying that God will enrich you through His Word. Healing is underway.

*Do not give up if this does not work for you the first time. Chronic anxiety, high anxiety, chronic depression, recovering from acute traumas, and hopelessness do not tend to respond immediately to any intervention. Hopelessness, in particular, routinely puts up an internal barrier. “Nothing works for me. Give up. Don’t try too hard – it will only be another big disappointment.” When a person is too hopeless, there is no reason to try anything. Try this for a few days.*

*An “excuse” for not fitting this into your schedule is to incorrectly conclude that the problem is your life circumstance, and there is nothing that you can do. “My husband needs to get better before I can get better”, “There is just too much on my plate already”, and “If God were really for me, He would get me out of this financial mess” are reasons that people give for being stuck. You may believe that stuck is your impossible lot in life. The Word does not agree with you. The passage, “If God is for you who can be against you” (Romans 8:31-2 and 8:37-39) can be a good starting point to get you out of your stuck position.*

*Do not give up. You have to start somewhere, so start here, even if this is a lot like other promising programs that you have tried. Keep your attention on number 3, above, and come back to the Word. The Word of God is powerful. As you focus on it repeatedly, over the course of a few days, you will sense that He has planted His seed within you, and it is sprouting. Read your passage many times and pray that God will make it come true for you. Change is ahead.*

4. The next, crucial, part of the installation is to do 10 to 15 seconds of tapping – no more and no less. Here is how to do the tapping: Sit up straight with your legs uncrossed. Tap on one side of your body or legs – lightly but solidly enough to feel it, sort of like playing a medium soft note on the piano. Then once each second go back-and-forth, tapping one side and then the other for the remainder of the brief time. If you want specific directions, try 12 taps at one per second. Begin this bilateral tapping as soon as you begin to feel the “goodness shift” inside of you, and continue to tap while you read the text. It is also a good time to begin tapping when you are concentrating deeply on the Word, when you cannot sense a “goodness shift.” Please believe that the bilateral tapping is a hugely important discovery about how the brain works. It locks the goodness of the moment into your brain, so that it will be readily available whenever you need it. The bilateral tapping is a powerful tool for “in with the good.” Please go ahead and see how the tapping works for you.
5. Ask God to give you a visual with Him in it, one that comes from the passage you just read. Get the picture in focus as much as you can, or get the little movie with Him in it underway, and when you feel His presence, do another brief set of bilateral tapping.

6. Go back to the passage again and read it aloud, followed by another brief set of bilateral tapping.
7. Begin again to focus on the visual, and do not be surprised if God is directing your picture in a new direction. He likes to make things surprisingly better. Do another brief set of bilateral tapping. *That's it.* You have installed the Word of God, in a way that you can easily use. Visit the verse and the visual throughout the day, or sing the song whenever you are struggling. When you begin to feel a little better, go ahead and tap another brief set. Use it again before you fall asleep.
8. Recite your verse or sing your song, and then visit your visual as soon as you begin to sense that a problem is gathering a little steam. Right away. The sooner you use it, the more effective God's Word will be in helping you maintain your balance.
9. Even though "*that's it*", you may do more sets of "verse or song and visual, with tapping for each" for as long as is needed to gain His peace. Caution: Do not do any extended bilateral tapping – it can promote problematic feelings if overused. Please wait until the verses or songs and the visuals are beginning to have a positive affect before you tap. The bilateral tapping does not create good feelings. It locks the current thoughts and feelings into your brain. The Word and the Spirit-guided visuals will bring you the peace of God. The bilateral tapping helps your brain lock the truth and the peaceful feelings into place in a way that makes it easy to re-connect with them whenever necessary.
10. Here is another caution. Many people are tempted to hop from verse to verse, especially when they cannot get to the peaceful feeling right away. Trust that the verse God gives you will be just right. Focus on it, pray it many times, and let it sink into your consciousness right where you are. Stick with that verse until God's light begins to shine for you. Then proceed with the tapping and the visuals, and keep going until you are at peace. One verse or brief passage is enough for each day. There will be other days when the Spirit may guide you to other verses, but the process goes best when there is only one truth to focus on at a time.

Recap. Verse, visual, verse, visual, along with four brief sets of bilateral tapping. *That's it.* You can do additional sets of verse and visual, along with more short tapping sets, in case your feelings are not yet okay.

Here is why I appreciate this protocol. It helps people receive *healing* for troublesome feelings that could leave them out of control, and it helps people

*maintain* their balance in daily life. Most clinical or spiritual interventions promote one or the other, but *Installing God's Word* promotes both.

*Selecting a passage.* It is preferable to go to verses that you are familiar with, passages that you have memorized or scripture in song. Or you can watch for new verses whenever you find them. Reading through the Psalms, or any book of the Bible, for that matter, can give God a chance to rivet your attention on the right verse. You may already know what that is like – almost as though there is a spotlight on a few words. Here are some key scriptures to install.

John 15:1-8. The vine and the branches. In case this is too long, you can divide it up over the course of a few days.

Matt 18:1-5; Mark 10:13-16; Luke 18:15-17. Jesus loved children.

Micah 6:8. As basic as life can get.

Micah 5:4-5. Good for security and the greatness of God.

Ezekiel 36:25-32. Here is a passage that Jesus used in a Bible study with Nicodemus (see John 3:5). You can feast on it for a few days.

Ezekiel 34:1-16. There are great pastoral verses in this rich passage. Dwell on it.

Isaiah 40:11. Here is another great “shepherd” verse.

2 Peter 1:3-11. Another treasure trove. Divide it up for a few days.

Lots of Psalms come to mind. There is the 4<sup>th</sup>, the 23<sup>rd</sup>, the 27<sup>th</sup>, the 91<sup>st</sup>, the 145<sup>th</sup> and there are about 145 others to enrich your day.

Paul's epistles are also replete with precious promises. Look up your favorites. Here are a few from Philippians: 1:9-11; 2:1-4; 2:12-16; 3:7-16; 4:4-13.

Just two more from Paul must be included: Ephesians 2:10 and 2 Corinthians 4:6-10.

Consider these as excerpts from a far greater story. Please diligently install many of the other truths in this story that amplify these highlighted passages. Seeking verses? This is from the global ministries pastor at my church.

My Monthly Verses, from Brian Morehead

#### PURSING GOD

1. Love and worship God the Father, Son, and Holy Spirit. Matt 22:37-40.

2. Be thankful for what God has given me. Job 1:21.
3. Listen to God, to the spirit and to the Word of God. John 14:16.
4. Have joy in my life. Phil. 2:3, 2Cor 10:4-7.
5. Grow in wisdom and knowledge. Rom 16:19.
6. Have zeal for what I am doing. Rom 12:11-12.
7. Have personal integrity 2 Thes 3:13.
8. Have self-control. Rom 6:6.

#### SERVING SACRIFICIALLY

9. Serve people. Matt 7:12.
10. Initiate action. Acts 20:35.
11. Maintain health. I Cor 6:19.
12. Aspire to excellence. 1 Cor 9:24-27.
13. Have financial abundance. 1 Tim 6:6.
14. Do not grasp at leadership. God will authenticate your authority. Gen 41.

#### LOVING PEOPLE

15. Have a forgiving nature. Matt 18:21-22.
16. Be Loyal. Proverbs 17:17.
17. Love my wife and family. Gen 2:24.
18. Work well with others. John 13:34-35.
19. Have compassion for the weak. Matt 25:35.
20. Be slow to anger. Proverbs 29:11.
21. Have patience. Psalms 40:1-3.
22. Be humble. Phil 2:3.
23. Do not covet my neighbors' house or anything they have. Matt 6:33.
24. Be a teacher and a mentor. 2 Tim 2:2.
25. Deepen your relationships. Proverbs 27:17.

#### SHARING CHRIST

26. Share the hope that is within me. Luke 15:7.
27. Be adaptive. I Cor 9:22.
28. Have faith that God can use me and have the persistence to let it happen. 2 Thes 3:5.
29. Plan and strategize. Proverbs 16:3.
30. Build relationships with non-believers. John 4:9.

Thanks, so much, Brian, for permitting me post this. Try this for day 31.

#### RECEIVING GOD'S BLESSING

31. Expect God to bless you as you walk with Him. Jer 29:11-13.